

ANGEL'S FRIENDLY COACHING

SHADOW WORK

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WHAT IS THE SHADOW?

The shadow is the “dark side” of our personality because it consists chiefly of primitive, negative human emotions and impulses like rage, envy, greed, selfishness, desire, and the striving for power. (However, we cut ourselves off from many of our best qualities too. I cover the “positive shadow” in a separate guide on psychological projection.) All we deny in ourselves—whatever we perceive as inferior, evil, or unacceptable—become part of the shadow. Anything incompatible with our chosen conscious attitude about ourselves relegates us to this dark side. The personal shadow is the disowned self. This shadow self represents the parts of us we no longer claim to be our own, including inherent positive qualities. These unexamined or disowned parts of our personality don’t go anywhere. Although we deny them in our attempt to cast them out, we don’t get rid of them. We repress them; they are part of our unconscious. Think of the unconscious as everything we are not conscious of. We can’t eliminate the shadow. It stays with us as our dark brother or sister. Trouble arises when we fail to see it. For then, to be sure, it is standing right behind us.

HOW THE SHADOW IS BORN

Every young child knows kindness, love, and generosity, but he also expresses anger, selfishness, and greed. These emotions are part of our shared humanity. But as we grow up, something happens. Traits associated with “being good” are accepted, while others associated with “being bad” are rejected. We all have basic human needs. These needs include physiological needs, safety and security needs, and needs for belonging. These needs are biological and instinctual. As children, when we expressed certain parts of ourselves, we received negative cues from our environment. Maybe we got angry and threw a tantrum. Our parents reprimanded the outburst and sent us to our room. Or perhaps we acted boldly, playfully, spontaneously, or silly in our first-grade classroom. Our teacher shamed us for our lack of decorum in front of the class and told us to sit down. Whenever it happened—and it might have happened often—it threatened one of our basic needs.

EXAMPLES OF THE SHADOW

When you grew up, your parents didn’t value what you had to say. Little You concluded that your opinions don’t matter and so stay quiet in order for your parents not to blame you or criticize you. This aspect keeps evolving and you learn to suppress your opinions and you develop a fear of speaking up, especially in school and later on in your job or on social media. Or maybe you learned to not take all sweets from the table because you would be considered greedy. Or you learned to not be loud, wild, and free in your expression because you’d be thought of as childish or annoying. In both cases, you might judge others for the exact same thing, eg. for being annoying or greedy.



HERE ARE 8 WAYS TO PRACTICE SHADOW WORK:

1. Believe you are worthy and that things will get better

The first step in overcoming your shadow self and taking back your life is to acknowledge that you are worthy of good things. When we are feeling low it is easy to continue to feel that way. Humans have an uncanny ability to feel sorry for themselves, and sometimes that is all we want to do and it serves its purpose. But sometimes, that self-pity takes hold of us and makes it very difficult for us to get out of the rut and get back to our normal routines, or even better, our best self. The key is learning to love yourself. However, in this day and age practicing self-love is hard. Why? Because society conditions us to find ourselves through our relationships with others. That the true path to happiness and fulfillment is to find love with someone else.

2. Pay attention to the emotions you feel. No emotions are bad.

Our negative emotions are portals into the shadow. They help us determine our wounds and fears. When you feel an emotion, take a minute to examine it.

Ask yourself the following questions:

- *What am I feeling?*
- *Why am I feeling this?*
- *Wait for answers.*
- *Don't be frustrated if the answers do not come right away. Sometimes, the answers need time to be found and you'll know it.*

Never force answers and jump to conclusions because they might be the wrong ones. Shadow work is considered soul work and it happens on its own timeline. Just be patient and know that in time, the answers will come.

These steps simply mean to accept what comes up for you, when it comes up, and acknowledge that you are an emotional being that may, from time to time, find it difficult to manage your emotions. If you are working to tame your shadow self, then you'll be paying attention to these moments so that you can stay with them, rather than try to run from them. So many people simply want to feel better in the moments where we feel the greatest amount of discomfort, but if we can stay with our emotions, name them and be grateful for them, we can overcome them and move on to better things.



3. Identify the shadow

Our shadows are located in our subconscious. We buried them there that's why it's tricky to identify it. In order to perform shadow work, we need to identify the shadow. The first step is to become aware of the recurrent feelings that you always feel. Identifying these patterns will help highlight the shadow.

Some common shadow beliefs are:

- *I am not good enough.*
- *I am unlovable.*
- *I am flawed.*
- *My feelings are not valid.*
- *I must take care of everyone around me.*
- *Why can't I just be normal just like others?*

4. Investigate your feelings objectively and with compassion

It's hard to do shadow work objectively and with compassion. It's easier to investigate and blame other people why you end up that way. On the other hand, understanding why the people who hurt you acted in a particular way is hard to accept. But in order to heal ourselves, we must forgive those who hurt us in order to move on. Try to navigate that they did the best they could do at that time or were simply acting from their own wounds.

It's also easy to feel bad about yourself for having these negative feelings. But there's no reason to feel bad. We all experience negative emotions We wouldn't be human if we didn't. It's important to accept our negative emotions and be okay with them. According to philosopher Alan Watts, Carl Jung was the kind of man who could feel something negative and not be ashamed about it:

"[Jung] was the sort of man who could feel anxious and afraid and guilty without being ashamed of feeling this way. In other words, he understood that an integrated person is not a person who has simply eliminated the sense of guilt or the sense of anxiety from his life – who is fearless and wooden and kind of sage of stone. He is a person who feels all these things, but has no recriminations against himself for feeling them." – Alan Watts

5. Focusing on your breathing

How much attention do you pay to the way you breathe? If you're like most people, then probably not a lot. We usually just let our body do the job and completely forget about it. I think this is one of our biggest mistakes. Because when you breathe, you produce energy for your body and psyche. This has a direct connection to your sleep, digestion, heart, muscles, nervous system, brain, and mood. But the quality of your breathing doesn't depend only on the quality of the air — it depends much more on how you breathe. That's why many spiritual traditions pay so much attention to the breath. And focusing on your breathing is a key technique they use to help people explore, and ultimately conquer, their shadow self.



6. Explore the shadow

Psychologists use art therapy as a way to help patients explore their inner selves. It is because art is a great way to allow your Shadow to manifest itself. Here are some ways to express the shadow:

- **Journaling** - When you write, it allows you to feel emotions and empty your head of the thoughts rumbling around. It's like magic – even when you write thoughts that have no sense. Just write whatever comes to mind because you can't do it wrong.
- **Write a letter** - Write a letter to yourself or to those who hurt you. You don't have to actually send the letter, just let all your feelings out. Tell the person in mind what you feel and why you feel it. Writing a letter will validate yourself and your emotions. You can burn the letter after you write it as a symbolic release.
- **Meditate** - In meditation, we gain insights into why we feel certain ways. It helps us understand and objectively delve deeper into our emotions, then allow ourselves to heal.
- **Feel** - You will never heal unless you allow yourself to face the emotion you're scared of. So explore them, write about them and make art out of them. To experience yourself as a whole, loved, and lovable, you need to own up to your emotions.
- **Dreams** - Our thoughts and deepest emotions can come out in dreams, according to Jung. When you experience a dream, write down what occurred immediately so you don't forget. By understanding your dreams, you might understand more about yourself.

“The dream is the small hidden door in the deepest and most intimate sanctum of the soul, which opens to that primeval cosmic night that was soul long before there was conscious ego and will be soul far beyond what a conscious ego could ever reach.” – Carl Jung

However, Jung says that it's important to understand that one dream by itself might not mean much, but patterns from multiple dreams might:

“An obscure dream, taken by itself, can rarely be interpreted with any certainty so that I attach little importance to the interpretation of single dreams. With a series of dreams, we can have more confidence in our interpretations, for the later dreams correct the mistakes we have made in handling those that went before. We are also better able, in a dream series, to recognize the important contents and basic themes.” – Carl Jung

Remember that the shadow thrives in secret but they are part of who you are. Bring the hidden parts of yourself to light and bathe them in self-love and acceptance. Sometimes, the process hurts but it will make you a better person.



7. Keep in mind

When it comes down to getting what you want, you have to not only confront your inner darkness but embrace it. Rather than try to turn it off when you feel the shadow self-rearing its ugly head, allow yourself to feel it and be curious about it. In some cases, you might find that it serves you, especially when you are trying to protect yourself from things that might otherwise threaten your higher self.

When you tap into your shadow self properly, it can be a powerful alter ego that can help you manage trying situations. It's when you let it rule your life, or pretend you don't have a shadow self that problems persist.

8. Nurture your inner child

Our childhood traumas can be caused by the way we were parented or other people who hurt us. It can result in deep wounds that can create behavioral and emotional patterns that create our personality.

Most of the time, our childhood wounds are the most painful. They haunt us and tell us we're not worthy of love, or that our feelings are wrong, or that we have to take care of everything because nobody was around to take care of us.

Nurturing your inner child involves traveling back in time to when you were hurt and give yourself love. You can do this by:

1. Go back to the time in your life when you felt most vulnerable.

It can be a scene where you got hurt or a time in your life when you felt vulnerable. Hold that image of yourself in your mind. Stay aware, taking in any messages that arise during that time.

2. Give the younger you compassion

While reliving the moment, give love to your younger self. Tell yourself, "I love you and I'm here for you. It will be okay, it's not your fault and you did nothing to deserve this." You can also give a hug to your younger self.

One thing is for sure when doing shadow work, it is uncomfortable, to say the least. Who would enjoy owning up to their flaws, weaknesses, selfishness, hate, and all the negative emotions they feel? Nobody.

But while focusing on our positive side is enjoyable and boosts our confidence, shadow work can help us grow and develop into a better version of ourselves.



What is the Golden Shadow?

Jung once states that “the shadow is ninety percent pure gold.” What this means is that there are many beautiful gifts offered to us by our Shadow side if we take the time to look. For example, so much of our creative potential is submerged within our darkness because we were taught when little to reject it.

Not everything within our Shadow is doom and gloom. In fact, the Shadow contains some of our most powerful gifts and talents, such as our artistic, sexual, competitive, innovative, and even intuitive aptitudes.

The ‘Golden Shadow’ also presents us with the opportunity for tremendous psychological and spiritual growth. By doing Shadow Work, we learn that every single emotion and wound that we possess has a gift to share with us. Even the most obnoxious, “ugly,” or shameful parts of ourselves provide a path back to Oneness. Such is the power of the Shadow – it is both a terrifying journey, but is ultimately a path to Enlightenment or Illumination. Every spiritual path needs Shadow Work in order to prevent the issues from happening that we’ll explore next.

Getting Started with Shadow Work

Before you start something of significance, you want to prepare the landscape, gather the materials and commit to “seeing it through”. This is akin to remodeling your house, or going through surgery, except it’s your own psyche. You don’t leave that shit half-finished. Any harsh weather, challenge, or intruder can wreak havoc and do some serious damage. Before you start, know that there is no easy way of doing shadow work. AND that is not to be confused with simple. You can do simple shadow work, but it won’t be easy. If you don’t feel into the gut-wrenching, humbling depths, you’re not doing it right. If it’s easy for you, you’re not doing it right.

Ok ready? Let’s get started.

How to Practice Shadow Work

At various points in your spiritual journey, you will assimilate shadow work differently based on your experiences, beliefs and understandings.

Spiritual Virtues of Shadow Work

Shadow work focuses on compassion, non-judgmentalism, self-love, and unconditional love. It focuses on seeing through the eyes of divinity – of wholeness.

Regardless of what you believe, you cannot deny natural law happening within and all around you at all times.

We can see natural law in action when we breathe, we cry, we laugh, we throw up, we fuck up, we love, we hurt, we fear, we resist. It’s natural, it’s who we are. This understanding of natural law is the beginning of shadow work.



As you see a baby drool, poop, cry, scream and talk gibberish you sympathize with its level of development. You don't judge it harshly. "Stupid baby can't even speak properly or use a toilet." No. You realize it's a baby. And that's ok. Similarly, as adults, we throw fits, we scream, we try and fail, we get sick and throw up – we're humans. And that's ok. Following? Yep good.

This is nature. It's observed. It's not learned. It's not taught in books. It's raw and pure and true. It's one of the reasons shadow work is so powerful.

The Healing Process of Shadow Work

Identify -> Accept -> Love -> Embody -> Integrate

The ones in bold above must be completed in 1 sitting. The rest is a lifelong process. This process repeats throughout your life.

- **IDENTIFY:** The first step is to identify your shadows as many of them are unconscious elements of your personality. You will notice them by your triggers, by your disdain, by your rejection of them.
- **ACCEPT:** The next step is to accept your own shadows. To own them. To acknowledge their purpose and value.
- **LOVE:** You then bring love and compassion to your shadows. You bring them to light and welcome them back into you.
- **EMBODY:** As you now own and love your shadows you can consciously embody them and leverage them for your personal growth and development.
- **INTEGRATE:** Begin to see the value of your shadows in every area of your life to help expand your virtues and evolve.

How to Do Shadow Work

1. Create Space for the Work

Dedicate an evening to yourself to fully immerse yourself into the process. Grab a pen and paper, journal, or your computer to write down your thoughts. Create a safe space alone. This can be in your room with candles, incense, blankets, tea, water. Make it cozy because the rest of the process is challenging. Sit for a few moments and think of all the things you don't like about yourself, all the things you reject. Feel into it deeply.

2. IDENTIFY: How to Spot Your Shadows & Shadow Archetypes

- Watch for emotional reactions such as irritation, disgust, anger, fear, sadness.
- Watch for body reactions. Heat in body, shaking, chills, pain, uncomfortableness.
- Watch for psychological projections of your shadow. For example, traits in others that trigger your reactions are mirrors to your unconscious shadows.
- Engage in inner dialogue to bring the unconscious to light.



BONUS: Get to know the shadow archetypes. Some examples include:

- Archetype: King
- Active Shadow: Tyrant
- Passive Shadow: Weakening Archetype: Warrior
- Active shadow: Sadist
- Passive Shadow: Masochist
- Archetype: Magician
- Active shadow: The Detached Manipulator
- Passive Shadow: the Innocent one
- Archetype: Lover
- Active Shadow: The addicted lover
- Passive Shadow: The impotent lover

You can choose to research all 12 archetype's shadow sides if you'd like.

3. IDENTIFY: Bringing the Subconscious to the surface

This is a journaling shadow work exercise. Begin by writing down a list of things about yourself that you don't like. Write the things in others that you don't like. If you get stuck, write the things in yourself and others that you like. Write down your undesirable beliefs as well. (Write down your most powerful "positive" beliefs if you choose.)

"I'm too fat, too stupid, too naive. I don't like my ears. I'm weak. This person is rude. I'm dependable and people take advantage of that..." etc.

Understanding the Law of Duality

Realize that: *Shadows present in others = Shadows present in yourself*

Your most desirable traits contain their shadow side as well. This is the law of duality. It is a natural law of the human experience. To the degree that you condemn others and find evil in others. You are to that degree unconscious of the same thing in yourself or at least of the potentiality of it.

-Alan Watts

Free writes and feel the emotions that arise.

Do not censor or judge your writing. Get it all out. It will start with the obvious from your conscious mind, then continue from the depths of your emotions, from your subconscious. Write until you can no longer write. This could take hours and usually the entire evening. You will be surprised by what comes out. When I did the work I had pages of things, some of which were incredibly surprising and "brand new" to my awareness. This shadow works journaling technique branches off into 2 techniques. *Writing down your (perfect 😊) "undesirable traits" Free-writing into rabbit holes of the subconscious through powerful questioning. I will guide you through the rabbit hole (#2) first because this will happen spontaneously, then fizzle out and you can go back to technique 1, writing "undesirable traits" again.*



3. IDENTIFY: Digging Deeper into the Rabbit hole of the Subconscious through Questions (Technique 2)

Continue writing. Write your stream of consciousness thoughts that come up. Question them with “why” to dig deeper. Ask why until you “feel complete” with that stream of consciousness.

For example:

“What am I feeling?”

“Why am I feeling this?”

“Why?”

“Why?”, “Why?”, Why?”

”You get the idea.

One very effective technique is to begin having a conversation in writing with yourself.

For example:

“What am I afraid of?”

“Trying.”

“What is it that scares you?”

“Failing. Of being even higher and falling further.”

“Why does falling scare you?”

“Because it will hurt.”

“Does it hurt now?”

“Yes, it will hurt either way.”

“Well it hurts either way, and it hurts for sure.” Why don’t you try and you can do something about the hurt?”

“The worst that can happen is you end up where you are already. In pain”.

Continue writing all of your “undesirable” traits, mentally, emotionally, physically. All of them.

4. IDENTIFY: Categorize

Ok now, let’s sort through the data.

Identify your top shadows by giving them a rating between 1-10 in terms of how strong, effective, and present they are in your life.

Optional: Categorize them in various sections to find the weaker sections in your life. Character, health, love, body, mind, emotions, etc. You can choose your own categories as you wish.



5. ACCEPT: Processing Your Shadows

It goes without saying that this process will uncover a spectrum of emotions as undesirable as the traits you wrote down. Allow yourself time to cry, to judge, to feel into these discoveries. Even when things come up about others, see it as a mirror to yourself.

“I am mad because I am ignored.” “Where do I ignore myself?”

Now begin to write down any positive aspects of your shadow traits. Start with the strongest ones you rated at the top of your list. Take your time.

TIP: Write down the positive aspects of your shadow traits as though you are talking to a friend. We tend to be WAY LESS JUDGEMENTAL of others' perceived “flaws & mistakes” than our own.

Examples:

“I am shaking.” – It’s a sign that you are identifying and processing trauma and shadows.

“I am flawed/broken” – You are stronger as a result. You can continue to overcome. Neuroplasticity is real and new wiring is possible.

“I am anxious” – This is a good sign of “what to work on” and a signal to return to the present.

“I am not smart enough” – No one is. Don’t worry. You’re smart. Smart enough. And you are learning.

“I’m fat” – You have a choice. Workout, eat healthily.

“Eventually, something bad will happen” – You create in each moment. If you create something “bad” it is the contrast that is serving your growth and conscious evolution for improvement. Etc.

See the purpose of the darkness. In a world of duality, the shadow is the fuel, the contrast, the mirror for your improvement and growth. You get the idea.

6. LOVE: Your Shadows

Just as you feel compassion for a baby’s journey, or empathize with someone else’s pain because you’ve been there – empathize with the perfect, “in process” version of you.

Bring love, understanding, and compassion to your shadow traits.

This step is crucial to complete in the same evening, as it fills the painful and raw areas of the psyche with love and acceptance. Danger: Do not skip this as you will have open wounds in which anything can trespass if you don’t fill them with love.

Keep in mind that bringing the energies of love and acceptance to your shadows does not mean that you have fully made peace with them all.



Just like sending love to someone you are still angry with, it may not dissolve all the anger at that moment. Sending love to your shadows does not mean that you fully accept and love them right now. It means you can see them through the eyes of love and compassion and send love to them.

You may need to do this work repeatedly until you have made peace with your shadows. Always send them loving energy regardless and accept where you are in the process. Remember that if you open a wound with shadow work, always finish by filling it with love and healing energy before closing your practice for that session.

EMBODY

Go about your life accepting those traits, realizing their purpose, and bringing love to them. Leverage them to continually improve yourself.

Realize the distinction between identifying your shadows and identifying **WITH** your shadows. You are not your shadows, you are not your desirable traits. They are merely visitors. The **YOU** is the awareness – the consciousness – that chooses how to treat these visitors.

7. INTEGRATE

Ok, this part is actually fun. When you learn to love all of yourself, you gain great power and freedom.

You are more authentic, compassionate, and brave as a result of feeling through the pain and knowing how to love the “undesirable”. You can bring that to other parts of your life. You can love other people when they show you their “ugly sides”. When they get angry. When they yell at you. You can see the gold hidden in the anger. The contrast for growth. The seeds of improvement.

Realize that you may be judged for your shadows as well as appreciated for your authenticity. Release the survival mindset of “being accepted” and know that you can thrive when placing your faith in your own truth (in God, in source, in yourself).

What a sigh of relief and healing to begin to love ALL of yourself?

- **To allow yourself to be yourself.**

To begin to know yourself and step fully into the light (conscious), by bringing your shadow with you. With gratitude to your shadow for showing you how to evolve your character, and create shining diamonds where there once was coal. Love coal for it is the ingredient that makes your strongest and brightest diamonds. Embrace this continuous process in your ever-evolving perfection.



- **Improved Relationships**

As you integrate your shadow side and come to terms with your darker half, you see yourself more clearly. You become more grounded, human, and whole.

When you can accept your own darker parts, it is easier to accept the shadow in others. As a result, other people's behavior won't trigger you as easily. You'll also have an easier time communicating with others.

You may notice an improvement in your relationships with your spouse, family members, friends, and business associates.

- **Clearer Perception**

In seeing others and yourself as you are, you'll have a clearer lens with which to view the world. As you integrate your shadow self, you're approaching your authentic self, which gives you a more realistic assessment of who you are. You won't perceive yourself as being too big (inflated) or too small (deflated). When you're self-aware, you can assess your environment more accurately. You'll see others and evaluate situations with greater clarity, compassion, and understanding.

- **Enhanced Energy and Physical Health**

Dragging around this invisible bag of stuff behind us is draining. It is exhausting work to continually repress and suppress all of the parts of ourselves that we don't want to face in our adulthood.

Fatigue and lethargy can plague the unexamined life. Mental suppression can also lead to physical pain and disease. Shadow work can bring you inner strength and a greater sense of balance, making you better equipped to take on life's challenges.

- **Psychological Integration and Maturity**

As long as we deny our shadows and repress certain parts of ourselves, a sense of wholeness and unity is elusive.

How can we feel a sense of wholeness and balance with a divided mind?

Integrating the shadow brings you one step closer to realizing a sense of wholeness. It's a critical step to achieving mature adulthood.

- **Center Yourself**

This is perhaps the most important thing to do before you engage in shadow work. Yet, it's almost never mentioned in literature about working with the shadow. If you attempt to get to know your shadow self when you're not centered in your Self, you won't get constructive results. The shadow represents a cluster of various parts hidden within yourself psyche.



Only from your Center can you get to know these parts. If one of these parts is “blended” with you, it will hijack the process. You’ll be judgemental, critical, or confused. This will inhibit your ability to integrate your shadow. Before you begin working with your shadow, you want to be a calm, clear, neutral space. That is, you want to be in your Center.

- **Cultivate Self-Compassion**

Before you get to know your shadow, it is helpful to cultivate a sense of unconditional friendliness with one’s self. In Buddhism, it’s called Maitri. Without friendliness and self-compassion, it is difficult to look at our darker stuff. If you’re hard on yourself when you make mistakes, it is difficult to confront your shadow. If you’re accustomed to feeling shame or guilt, you need to transmute these emotions with friendliness, self-acceptance, and self-compassion. Start by accepting your own humanness. Remember that we all have a shadow—everyone is in the soup together, as Jung used to say. I find it helpful to connect to my heart: place your attention on your heart. Breathe in and acknowledge your heart. Breathe out and say to your heart.

- **Cultivate Self-Awareness**

Seeing the shadow requires a self-reflective mindset—the ability to reflect and observe our behaviors, thoughts, and feelings. Mindfulness meditation helps foster nonjudgmental awareness—the ability to stay aware of the present moment without involving the inner critic or other modes of judgment. Self-awareness and self-reflection are a precursor to shadow work because they help us observe and evaluate feelings and emotional reactions without judgment or criticism. Get quiet the mind on my website to listen to for 30 days straight.

- **Be Courageously Honest**

Self-honesty and integrity are prerequisites for shadow work.

It’s easy to give lip service to these qualities, but true self-honesty means being willing to see unpleasant attributes in our behavior and personality. It is often uncomfortable to come to terms with your disowned parts, which is why the ego invests so much energy in repressing them.

Seeing and accepting your insecure selfishness and tyrannical nasty parts can be challenging. To take an honest look at your attitudes, behaviors, dark thoughts, and emotions requires courage. The rewards are worth the discomfort, as these honest confrontations with your shadow help heal the splits in your mind.

This courageous act unlocks more of your creative potential, opening a new world of possibilities for your psychological development.



- **Watch Your Emotional Reactions**

Remember that the shadow is elusive; it hides behind us. Our defense mechanisms are designed to keep our shadows repressed and out of view.

The more you pay attention to your behavior and emotions, the better chances you have of catching your shadow in the act. We tend to project our disowned parts onto other people. One of the best ways to identify your shadow is to pay attention to your emotional reactions toward other people. Sure, your colleagues might be aggressive, arrogant, inconsiderate, or impatient, but if you don't have those same qualities within you, you won't have a strong reaction to their behavior.

If you're paying close attention, you can train yourself to notice your shadow when you witness strong negative emotional responses to others.

As Jung is often quoted saying: *Everything that irritates us about others can lead us to an understanding of ourselves.* But we rarely have time to work with those emotions on the spot. At the end of the day, it's helpful to take five or ten minutes to reflect on your interactions with others and your related reactions. Whatever bothers you in another is likely a disowned part within yourself.

Get to know that part, accept it, make it a part of you, and next time, it may not evoke a strong emotional charge when you observe it in another. Focus on what and who evokes an emotional charge in you. It doesn't matter what the emotion is; it's a clue you are denying something within you.

- **Engage in Inner Dialogue**

Many forms of inner work require you to engage in an active dialogue with your shadow side.

At first, this might seem like a scary idea since we have a belief that only "crazy people" talk to themselves. But all of us have many subpersonalities—numerous unrecognized, autonomous parts in our mind. When we don't pay attention to these parts—one or many of which represent aspects of our shadow—they have a way of influencing our behavior.

Have you ever done or said something and then wondered why you did or said it? A part in you was taking charge. Every so-called "accident" is a part of hijacking your behavior. Our disowned parts aren't trying to hurt us, but when we ignore or deny them, they often do.

By dialoguing with them in our imagination or in a journal, we can integrate these parts into our conscious selves. Then, they become our allies instead of our enemies



- **Challenge the Good Part**

Many of us identify ourselves as being a “good person”. We were praised as children for being a “good boy” or “good girl,” and that identification stuck with us. This intensified the split between our conscious identity and our shadow.

Make a list of all of your positive qualities. Then, highlight the opposite. Try to identify the opposite within yourself. For example, if you define yourself as a disciplined person, you’re repressing your lazy part. The lazy part is hiding in the shadow.

The disowned is influencing your behavior and constantly challenging your disciplined part. So identify with this lazy part. See it. Accept it. Make friends with it. It’s okay to be lazy too. Choose what you want to work with. It’s often easier to begin with a person with whom you have difficulty (e.g., partner, relative, boss). This person may irritate, disturb, annoy, or upset you. Or maybe you feel attracted to, obsessed with, infatuated with, or possessive about this person.

Choose someone with whom you have a strong emotional charge, whether positive or negative. Face it: Now, imagine this person. Describe those qualities that most upset you, or the characteristics you are most attracted to using 3rd-person language (he, she, it). Talk about them out loud or write them down in a journal. Express your feelings. Don’t calculate say the right thing. There is no need to be nice. The person you are describing will never see this.

Talk to it: Dialogue with this person in your imagination. Speak in the 2nd person to this person (using “you” language).

Talk directly to this person as if he or she was there. Tell them what bothers you about them. Ask them questions such as:

Why are you doing this to me?

What do you want from me?

What are you trying to show me?

What do you have to teach me?

Imagine their response to these questions. Speak that imaginary response out loud. Record the conversation in your journal if you like.

Be it: Become this person. Take on the qualities that either annoy or fascinate you. Embody the traits you described in step 2. Use 1st-person language (I, me, mine).



This may feel awkward, and it should. The traits you are taking on are the exact traits you have been denying in yourself.

Use statements such as:

I am angry.

I am jealous.

I am radiant.

Fill in the blank with whatever qualities you are working with: "I am _____."

Notice these disowned qualities in yourself.

Experience the part of you that is this trait. Avoid making the process abstract or conceptual: just BE it.

Now you can re-own and integrate this quality in yourself. Learning to sit with yourself in silence is essential in really getting to know yourself and your shadow. It is also the hardest thing to do for many people. But being able to just be with yourself, your thoughts and your feelings is powerful in getting in touch with your (wounded) shadow parts and sit with your emotions, and inquiring deeper into your triggers.

- **Close your eyes. Center and relax.**

Start by thinking of something or someone that you feel love and goodwill for. It could be your partner, your family, your pet, a memory, situation, or a stranger.

Sink into the feeling of love inside your heart and visualize that it has a glow of light. Visualize the color of the light like pink, gold, white, or any color/colors that you choose.

Select a phrase to express and share your love such as:

May I be happy and grateful

May I be healthy and peaceful

May I be safe

As you grow this love in your heart, focus on directing this love towards yourself and enjoy the feeling of being immersed in the glow of your love. Direct your love energy towards someone close to you. Imagine the light and keep repeating your selected phrase. This time direct the phrase at the object of your energy. May you be happy and grateful. May you be healthy and peaceful. May you be safe.

Continue this process by directing love to those in your circle. Friends, colleagues. Then continue to those in your community, your city, your state, country, then the world, the far reaches of the universe, and beyond, as you choose. Finish by bringing your love and focus back to yourself, fill yourself up with love and open your eyes.



CLEARING MEDITATION

Purpose: Clear heavy or unserving energy.

Origin: Various

A.K.A: Energy alchemy

Summary: Focusing your attention and energy on clearing out any unwanted energy from yourself.

Keep in mind: Energy is energy. There is no BAD or GOOD. Just useful in the now and not. When you clear energy it is about moving energy like water. Stagnant water tends to create imbalance due to lack of flow. The old, unserving energy will flow and move back into the universe. Do not judge.

How To:

Close your eyes. Center and relax. Imagine your spine as a conduit for energy (which it is). Visualize the flow of your energy from the bottom of your spine to the top of your head. Give it a brightness, a light. Give it a color. Imagine energy traveling down from your spine into the earth and the energy of the earth traveling up to meet and join with your internal energy. Give it a color and a brightness. I like to imagine earth energy as a vibrant green. You can see your energy flow as bright water, light, or even tree roots that connect to the earth. Observe as your energy connects with the energy of the earth. Connect your energy with universal energy from above. Give the universal energy brightness and color. You can imagine the energy coming down into the top of your head (crown chakra) and your energy traveling up from your spine out the top of your head to meet with the universal energy.

You are now connected to the earth and universal energy. Watch and enjoy the flow. Watch the colors blend and swirl, bright and beautiful. Observe your body. Look for any areas that are black, dirty, stuck, dusty dark, black, sludgy, oily, painful.

Now you can use various techniques. You can imagine that energy flowing down and out the bottom of your spine into the earth or up into the universe, where it is renewed and transmuted. You can imagine the universal energy coming into your body from the top of your head and washing away/dissolving the energy that is no longer useful to you. I like to imagine a marshmallow foamy cleaner filling up all the areas within my body and clinging to the dark, dirty energy. Then it all washes away. Sometimes I visualize a sphere outside of me where I exhale all the old energy. The sphere then contains the energy and it flies out and gets absorbed into the golden energy of the universe. I watch it meld and transmute. You can use breathing to your advantage in this meditation. Breathe into the stuck areas then collect that energy and breathe it out.

IMPORTANT: Finish by filling up all areas of your body with the positive, clean energy of your choice. Love energy, gratitude, peace, compassion, or goodness. Do not clear our old energy from your body then forget to fill it. Otherwise, you will have empty space that is filled with anything in your field or attention, including other people's stuck energies. Finish, center into your body and open your eyes.



HEALING MEDITATION

Purpose: Heal yourself or others

Origin: Various

Summary: Focusing your attention and energy on healing yourself or others.

Keep in mind: It's good practice to only heal others if you have their permission first. All humans are healers. Some just have more practice and a natural tendency towards it.

How To:

Close your eyes. Center and relax. Do a cleaning meditation.

Your body should be clean first before using it to heal. See the meditation above, #2. There are several ways to heal. You can use your own energy which I don't recommend because it will deplete your energy. You can use the energy of nature, as is practiced in shamanism. Or you can use the energy of the source.

I recommend using source energy because it is an infinite reserve. Once you are calm and connected to the earth and source energy and your energy is clean, you can begin. Focus on the area to be healed. You can put your hands there to help you bring your attention to the area. Channel the universal energy of the source into the area. Breathe into the area to be healed and imagine the old, stagnant energy is cleared, washed away, transmuted, or dissolved into the pure bright light of the universe. I like to imagine it as golden light.

Bonus tip: If you're working on an area that you have 2 of – let's say you hurt one of your ankles – ask that the injured ankle copy the energetic blueprint of perfect health from the ankle that is uninjured. It will copy the correct information. Imagine the healing taking place. You can repeat affirmations such as. Perfect health is my default birthright. I now welcome perfect health into this area of my body, all my body. It is normal and natural for me to be healthy. It is my body's natural state. Etc. Fill all areas of your body with good energy. Center and open your eyes.

MINDFULNESS

Purpose: To bring awareness to your current experience. Help change old habits. Bring autonomous, thoughts actions, and behaviors into your awareness. Enjoy the moment. Be present.

Origin: Various

Summary: Focusing your attention and energy into the present moment. Keep in mind: This is a sensory-based experience. You can do this anytime, eyes-open preferably.

How To: Consciously bring your attention into the present moment. Observe your thoughts, emotions, environment, and actions. Observe the present moment with the 5 senses. What does it feel like? Taste like? Look like? Sound like? Smell like? That's it.

